

How To Do Nothing Well

A Guide to Meditating Actively

Second edition

Joe Bill Schirtzinger

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Dedication

I would like to dedicate this edition to my wife, Melissa Sims-Schirtzinger without whom I would not now be writing what I am writing. We bit the apple so hard, it has sling-shotted us around the universe and back. If not for her ability to carefully discern spiritual intent through serious adversity, much of what follows would not be here. For all of you who use the new methods, you have her to thank in no small part.

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Preface

So much has happened since the last time I wrote about this topic. I had thought that when I had developed my last methodology that I had found the structure that would remain immutable since variations of it had existed for a very long time. Little did I know that the structure had already been changed by the time I discovered the previous one. It seems to always go that just when we think we have figured something out, we discover the universe is already ten-thousand jumps ahead of us.

One important piece of information is that when I last wrote about this topic, it was 2013 or after the Mayan End of the World. (that seems like something that should be all in capitals, right?) When it ended, everyone blew it off like nothing had happened. I was more reserved, personally. Sometimes great changes happen subtly. These changes violate your expectations because if you fully knew what to look for you might try to get in the way. You, of course, would not succeed, but the point stands that expectations are the perceptions that form beliefs and color the interpretation of facts. Look at how drastically the world has changed since 2013! Perhaps it was not so much that the world changed so much as it was that we became more aware of what changes were taking place such that the old standard subterfuges would no longer work. Of course, certain happenings are undeniably different. Our climate is shifting drastically for instance. People have great difficulty agreeing on objective reality. The most recent hurricane reporting, that of Hurricane Dorian that stalled out over the Bahamas and proceeded to beat the snot out of everything there for 24 hours, is a case in point. People had difficulty deciding whether to evacuate because the facts regarding the track and direction of the storm were so volatile.

I also have undergone some change. It is quite one thing to develop your own style of meditation when you are a single man who has lived in relative seclusion for seven years. It is another when you are married and in the world. I have gotten married since this manual was first written. In some ways, you could say it turned the inner outward, and the outward inward. The marriage in a very real sense, became a meditation all its own. Likewise, I worked with and eventually co-owned with my wife a small metaphysical store called Alchemy where I sold this manual and performed hundreds of meditations using this as a guide. I sold many copies of this manual and the original technique works quite well. Why then am I updating it? Put differently, "if it ain't broke don't fix it", right? Wrong.

Things are constantly changing. My own beliefs have undergone revision since my first foray into this book. Whereas I still reject Christianity as it is commonly practiced, I was led into an understanding of the Messiah YHSVH and the need for a sacrifice on behalf of ourselves. This has opened up new avenues of meditation since having YHSVH is like having an ultra-ascended

master on speed dial (or instant text, for the younger generations). Whereas the Yogis in the past had to struggle to cultivate a thimble full of spiritual knowledge and to be able to then retain it for, by their own admission, many thousands of lives, YHSVH was able to overflow the cup in just one. Now, you might say “Well of course he did, because he was the Son of God”. Yes, Yes. That title necessarily must come with some high billing. However, it is not to be overlooked that he was ALSO mortal albeit in a way that most of us have difficulty understanding. The divine matter had to fuse with the physical clay. Indeed, after Baptism is when we hear the pronouncement that “This is my Son in whom I am well pleased”. What about before that? Well, something was clearly exceptionally different, but there is no testimony about his divine personage by YHVH until that moment except through prophecies foretelling the coming of such a One.

So, the best title for me nowadays is more Messianic Jewish, although that crowd most often hardly understands meditation or anything outside the standard unimaginative interpretations of scripture. Indeed, it is my prediction that people who identify as Messianic or Christian or whatever else are going to have to learn that the gifts of the Spirit do not work in tidy ways in the fashion they might like for them to. Indeed, if they do not learn these facts, many of them will be led astray--as it is written--by another who “appears to do similar acts”. How does one discern between one who appears to do such acts, versus one who is ACTUALLY doing the acts through the authority of Spirit? The only way for a person to do that is to develop their discernment and to test the fruits of the person doing the act.

The Bible, as my wife and I discovered, had encoded within it another layout for the chakra system of the “new man”. In other words, when the ages change, the structure of people change. The Adam Kadmon evolves.

My former method that I developed was based on what I will call a “solar bias”. In other words, since the sun is in the middle of our galaxy, then it makes sense to put the sun at the center of the body of man. Indeed, there is much to recommend this correspondence, but it is misguided. The basic issue concerns that the sun has much to do with incarnating into this realm in the flesh but also concerns the sin that causes you to incarnate here with which to start. In other words, the sun is supposed to be part of what tips you off that this realm is not “as it should be” from the perspective of spirit. That most children are born upside down is another hint. The final hint is that though we have individual wills, we are instructed not to use them in destructive ways but rather to put them down and follow the example set. Of course, your example may be something other than YHSVH, but the point remains that the will which is most often symbolized by the sun more often gets us into trouble than assists us in a benevolent way. Why? Because the realm is backwards. What is good to the body is often bad by the standard of the spirit. Those desires which are born of a false sense of what is good as Buddhism posits, are the

seeds of sin. Under enough sun, that which is pleasant to the body is eventually the sole focus for those who are not spiritually inclined. For most, only crisis or death strips the focus from these sought pursuits. In some cases, not even that is sufficient to stop a misguided will.

Hence, Leonic influences, or those influences which we most often associate with Kings, tend generally toward the self and cause stagnation. Of course, there are other qualities such as courage and leadership and those qualities are good, but how do we remove the solar force from those qualities such that they trend toward a spiritual fulfillment as opposed to worldly pleasure solely?

The answer, it turns out, is to simply not use the sun, but rather a truer form of its essence which leads to spirit more readily. This blueprint was already put into place at the beginning of the Age of Pisces by YHSVH.

Who then will benefit by the use of this new technique? Well, everyone, although it tends toward a Messianic understanding. In other words, you do not have to yourself be a Messianic in order to derive a benefit from the practice of this meditation, but odds are that it will tend to show how it is that the Messiah functions or wishes you to function, or both. Hence, you probably do not want to use this method if you are one of those delicate creatures who is an atheist and hates God but still tries to use spiritual practices like Buddhism to foster “connection” or some other such scientific-sounding word.

This meditation goes where it wishes to go, so it is also best not to have any preconceptions as to what it will do but to be open to the experience and earnestly inquire after the results.

Finally, if you are Messianic, this is probably the only book you will find that calls itself a meditation and links to the Shekinah or Holy Spirit in its methodology. For you, this book will be indispensable because it will widen your understanding of YHVH and sharpen you for the challenging times ahead.

The best endowment this book can give, in my opinion, other than the understanding it naturally tends toward, is to inject life and playfulness back into scripture and belief. In other words, there is still a world of magic out there that can be accessed. C.S. Lewis pointed some of that world out, but it is as though all the Christian world then immediately forgot it and instead only associates anything magical with Harry Potter which it can naturally rail against. In fact, many who rail against Harry Potter and are Christian are likely sharing more in common with him than they know. Being afraid of the spiritual realms is no excuse to try to extinguish them from existence. For every goblin, there is an angel. For every deception, a bright truth. It is not necessary for you to believe in these entities for them to exist. Rather, you only have to open your eyes to understand they they are there and always were. A good meditation simply reveals that which is normally lurking about, but that for whatever reason we wish to ignore. Sometimes it is emotional. Sometimes it is spiritual. Sometimes it is physical. All of these pieces form our

experience and indeed, serve as our data array for navigating this realm as well as others. It is my earnest hope then that the methodology here allows you to enter into a more child-like wonder and to integrate the wisdom of serpents so that you become confident that though the world may be more vast than we give it credit for, we can have reasonable assurance that our place within it is sensible enough to us so that we can trust our perceptions about it whether they come in the form of dreams or sensory stimuli.

Joe Bill Schirtzinger
Springfield, Illinois 2019

Acknowledgements

The first edition did not need acknowledgements, simply because it was more of a technical manual that was pressed into service as an aid to people seeking meditations. This one, however, is incorporating enough bits and pieces to warrant the section. The cover of this book is produced from a computer language called processing that specializes in graphical output. The code that produced this piece was modified very minimally by me. The original piece was called Sunburst by Antrague. The code used for the original can be found here:

<https://www.openprocessing.org/sketch/521056>

All images, unless otherwise noted, are from Wikimedia Commons. Some light editing might have been done to them to make them display better or convey the proper message. I would like to take the time to acknowledge Beit Eshel LLC's Messianic congregation without whom this work would have been incomplete or impossible or incompletely impossible. Brandon and Mykel Orange and Ethan Jackson, thank you for your participation and support and having a willingness to think outside the box.

As always, this work owes its existence to the sages, both Hebrew and Vedic, a unrepayable debt. I am thankful that a portion of their enduring work survives although it has certainly been difficult finding all the pieces and arranging and updating them for modern times. The tree of knowledge is often pilfered, but the tree of life ensures that we can study life long enough to reconstitute what was lost. Hence, we must also thank our ancestors, since without them, we would not be here.

Ultimately, no amount of thanks can be given to the Creator and Messiah that sufficient. The mercy of both is truly astounding considering all the transgressions committed each day against the very fabric of life. Even though we are living during a time of more severity than we are perhaps, accustomed to, it is still much lighter than it could be.

Introduction

A new book demands a new introduction. Perhaps this time, though, we will start with a definition.

Meditation: is an effort to unite the body and mind with the psychic forces of the universe, or God.

But are we not already united with YHVH or God? No. All the noise that you hear in your mind is not exclusively a high-yoking with Him. In other words, even though everything may be God, there is a whole lot of junk food that we eat with our minds and bodies in part because of a lack of awareness. The physical analog is yoga, which literally means a “yoking”. Some exceptionally conservative Christians view yoga as a “bad thing” because the stretches are done to certain deities or aspects to try to achieve a greater unity with them and then therefore Brahma. Indeed, this could be an issue, but it is probably less of an issue than the support of oil companies by many of the same conservatives or the consumption of the many brands of pretty much anything owned by multinational corporations with less-than-Godly intentions. We might say then that the attitudes that exist about yoga in these instances are a case of an “awareness bias”. A foreign deity is bad news, but a foreign wealthy company does not trigger the same warnings. Perhaps we might call this spiritual profiling instead?

Regardless, the point stands that all yogic practices were aimed ultimately at attaining a higher awareness and relationship with a deity or deities. Modern yoga, however many stretches it does, to the extent that it does not seek to achieve an awareness of anything cosmic, is missing a crucial piece of the experience. Indeed, most yogic practices were originally physical movements combined with a meditation and a certain breathing technique.

Each school of yoga had different techniques or meditations to accompany its movements. Each of these, in turn, were used to integrate the mind and the body into a cohesion. The structure of the meditation was important because one wanted to be sure that the master of the technique could teach it to bring about the results of that specific technique for the practitioner. Sometimes new schools were born. The mystical realms have rules, but those rules can change as the understanding changes and as we evolve. The more of God we can handle, the more we can be granted access.

From a Buddhist standpoint, the cultivation is about awareness and realization of the Buddha-mind. Again we find techniques and meditations designed to produce certain results. Again, there exist many different schools of thought.

From a Messianic standpoint, the cultivation is about understanding and being able to better embody the Shekinah or Holy Spirit. Really, all the above things are pretty much the same things, they just have slightly different manifestations. God gives us the freedom to pick a path, but the landmarks along the paths are different. So too are the fruits. The technique can be somewhat abstracted from the path, but this is typically unwise. The technique, the tradition, the movement, the breath, the mind, and the realization of God are all one.

The Energy Systems of the Body

The energy systems of the body are an old art. It is hard to say when they were first traced out, or by whom. The only thing that can be said is that many cultures across time separated by distance seem to arrive at their own version of the energy systems which share certain commonalities. They all map out the currents and areas that energy flows, or does not flow, and encourage it to move by various methods.

Yet, just what are these energy systems? Most mysticism falters with the language to describe them, much as it is difficult to describe any fundamental concept. If one tries to explain what an atom is to a non-scientist, one quickly discovers how concepts one takes for granted to build upon prove problematic to explain to others.

The easiest way to describe these systems is by analogy. There are "circuits" in the body, that conduct energy, much like electricity. The human body acts much like a crystal and conducts these currents in various ways. The ability for the body to conduct this electricity says something for the health of it, for where this circuitry jams is where disease or dysfunction is likely to manifest.

Where does this energy come from? God, the universe. Whatever. What matters is that it is there, and needs to be maintained. What mediates it is consciousness, although often consciousness has fallen into the subconscious which is where meditation arrives to raise awareness of this situation and facilitate release.

Just how did these cultures map out these paths? Well, evidently at one point, people were better able to see them visually. However, even if one cannot see them, one can feel them. The easiest way to conceive of this is to think of how it feels when someone steps into the room when you are otherwise occupied. That feeling that someone is in the room is somewhat similar to

sensing energy flows. You might not be able to describe exactly how you know what you know, but you know it nonetheless because you feel it.

A more immediate experiment concerns rubbing your hands together palms facing one another roughly an inch or so apart. Naturally, you will feel heat, but you will also feel a sort of tingling or "heat above the hotness" on the palms of both hands. This is chi, or energy, or whatever word you want to use to describe the sensation. If you do not feel much of this in your hands, it is likely that you are blocked. Most people are blocked in one way or another, but some people because of the natural resilience of their energy systems, might still feel more energy here anyway.

I will now issue a blanket statement that should be the centerpiece of anyone doing healing work--all healing takes place within this energy system--whether it be through some method like meditation, Reiki, or surgery. How might surgery achieve this? Well, certainly, by the time one has reached the necessity of surgery, the energy system has been stagnant for awhile to the point it has manifested as physical disease. By intervening at the physical level, the solution sought is to "bust this stagnation" at the spiritual level. It is simply a "level down" from the origin of the problem--like remedying an issue with a blueprint of a home by first building it in physical reality and then altering the blueprint retroactively as rooms are added or knocked down. It makes more sense to make such changes at the blueprint as opposed to wasting time at the "slower level" of physical reality.

So, we can see and understand that the body is, in essence, energy. A big distributor of the energy through the various meridians are the chakras. Chakras are major points along the spine that spin in a wheel like fashion. They act much like cogs inside a machine. Their job is to take in energy from the outside, and distribute it inside, as much as possible through the meridians. (The Indian word for the energy channels is "nadis".) The problem, as previously discussed, is that these meridians can become blocked from our consciousness. However, it is not always the case that our consciousness remembers why such blockages are there, because some blockages do not originate from the current life, but from some other life, somewhere else.

For some, the notion of reincarnation is a problem. How is it that we keep coming back, if certain spiritual traditions say we do not? Well then, for those objectors, I have a different explanation. One can imagine that the "sins of the father" are passed on as they say they are. Hence, the energy systems in our physical body reflect the inheritance of these "sins". So, for instance, if we have had several fathers that did heartless acts, we might expect that the heart area is blocked within ourselves. It is important to point out though, that at some level, whether you choose the notion of past lives, ancestral inheritance, or whatever the mechanism, it does not change the fact that the energetic body responds to these issues in a manner that is parallel to if not identical to the explanation of a past life. At the level of oneness, matters become odd

because it is not relevant if your father or mother or member of your tribe did something inappropriate. It only matters that someone did and because your identity is bound up within those constraints, you will inherit some portion of the good and bad of the performed actions.

It is unfortunate that many times the science of the meridians and other spiritual areas are blocked on scriptural grounds from a certain misunderstood interpretation. As I have shown above, it is possible to abstract the core of these teachings away from the spiritual aspects, but this should not be done. It is also possible to abstract the length of one road to another, but the only understanding generated when that is done is some generic concept of “duration” “length”. It says nothing for the path traveled. Five miles on a gravel road is different than five miles of paved road.

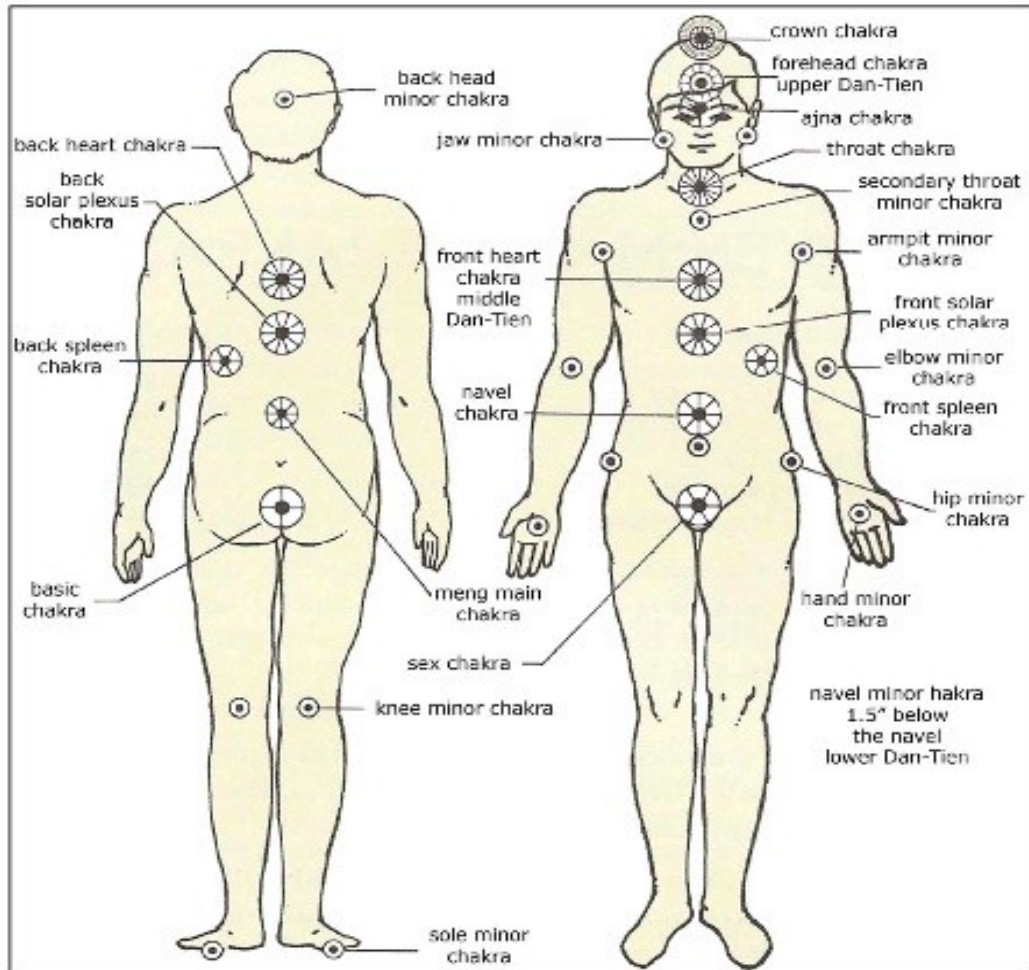
□ GENERAL USE STRING POINTS

10

By now, you are probably thinking something along the lines of, "Great. Now I not only have to worry about this life, BUT ALSO those other lives too AND possibly my family?" I am afraid the answer to that question is "yes". This is why all those spiritual texts emphasize the importance of conduct that does not interfere with the energy body. This includes emotions to avoid, actions not to take, and so on. However, if you choose to indulge them, then consequence always shows up within the energy body. There is no escaping it. The consequent blocks are there not because the universe wants them there but because of decisions we made with our consciousness.

Furthermore, in some cases those blocks are there because of choices OTHER people have made in relation to us with their consciousness. In other words, if I spend an inordinate amount of time thinking about how much I cannot stand Sally, at some point, Sally will "literally" feel it. This can create some odd karmic connections between people where negative energy states that have not resolved continue to be traded off despite neither party being near the other one. So called "energetic traumas" are of this kind. The energy of the trauma is awoken in one way or another, and then the energy seeks out the "cast" to play the "parts". In other words, the same kinds of people will continue to appear until the trauma has been resolved. This neatly explains the psychological fact that many people who are abused often continue to be abused even once they are removed from the abusive situation. Why would they seek another abusive situation? Because the first one never truly healed. What does healing entail? With consciousness, it entails responsibility and forgiveness on the parties involved. Too often, however, such spiritual resolution is stunted because people choose denial or blame. Is it not odd to think how much damage we are doing to one another by simply not having the awareness to fully interact with each other?

ELEVEN MAJOR CHAKRAS & RELATED MINOR CHAKRA SYSTEM



Some Chakra Points

Image Courtesy of Wikimedia Commons

While it is possible to meditate on any part of the body, a very good place to start are on the main chakras because they are such large energy distribution centers. It follows if we can step through a meditation that uses these chakra points and unblock them to a great extent that we will have gone a long way toward balancing ourselves spiritually. It may well be that by meditating on a certain chakra we feel a corresponding pressure or pain down a particular meridian, and we can refine our healing work to that area as our practice deepens to alleviate or remedy the problem. Likewise, as we continue, we will likely remember our past lives, or flashes

of them, and begin to integrate those experiences into ourselves so that they are no longer functioning subconsciously in a way that interferes with our current lives.

In my original book, I had said that there were no get out of jail free cards when it came to clearing the energy body. Strictly speaking, that is true. However, there is more mercy available if one is following a Messianic path. Because it is very difficult to practice anything spiritual in the world as it is with all the demands modern civilization is placing its people under, the mercy of accepting the Messiah is that sometimes you will receive healing from spirit as a kindness or because you have done “well enough”. To be sure, YHVH does this as well, but if you accept the mercy of the sacrifice He offered, there is more movement on that front because you are working within the blueprints of spirit as it was intended. I am quite certain there are many mercies afforded to those who have never confessed to having accepted the sacrifice of YHSVH—but that also does not mean that is not where they are ultimately coming from either. YHVH tries to pull us back and put us in touch with His design for His people and the ways of spirit are often inscrutable. Put bluntly, just because a person has not confessed that they believe in YHSVH as a Messiah is not enough to mean that they are not being assisted by that spirit in some meaningful way. I suspect at a sufficient level, any cultivator will be able to agree on the presence of some spirit that mostly holds mercy whether it be in the form of a dove or otherwise.

Meditation Mind Frame Basics

To begin meditation requires a shifting from normal thinking processes. To actively meditate requires a radical shift. What one must become proficient at doing is receiving data in all of its forms. Sometimes this data is emotional. Sometimes it is tactile. Sometimes it is visual. What one must not do is get carried away in trying to discover the meaning of the data as it comes. So, for instance, if someone were to see themselves drowning in a river, a bad way to actively meditate would be to start analyzing that scene. A better way to meditate in that situation would be to let that vision pass, then gently keep your focus and see if the area you are concentrating on offers any extra commentary. Perhaps it provides an emotional input. Perhaps it provides a number, or unusual letter. Perhaps it will only be a sound. Regardless of what is presented, we need to stay receptive to whatever the area is trying to tell us without judgment and without tearing down what we see in an overly scientific manner. We may think we see something else that is completely unrelated only to discover a little later that it actually was related, we just did not think it was at the time. Sometimes the connections can only be made after various disparate experiences because we only have part of the picture. By allowing our minds to constellate a full picture, we suddenly gain the needed insight.

Similarly, it is important we do not judge what we see, or for that matter, do not see. If we are greeted by some disturbing imagery, it does not mean meditation is to blame. Likewise, it does not necessarily mean we are to blame either. Our psyches and past incarnations have lived through all manner of occurrences--situations and scenarios that would now be considered taboo. The predominant culture in which we now live gives us rules and regulations for how we are expected to live, but the soul and its components do not care for such laws. What is there will be there regardless, and it is our job to become aware of what is there, whether it is pleasant or terrifying. After all, it is only through knowledge of the entirety of our states, light, dark, and all permutations in between, that we can hope to find any measure of liberation. Anything incomplete we will be more inclined to live out, and certainly it is far better to greet a disturbing thought internally than externally.

It is critical to maintain a disposition of accepting that which comes without judgment and without much thought. A gentle mental note is often enough for later more conscious reflection.

New And Improved Beginning Methods

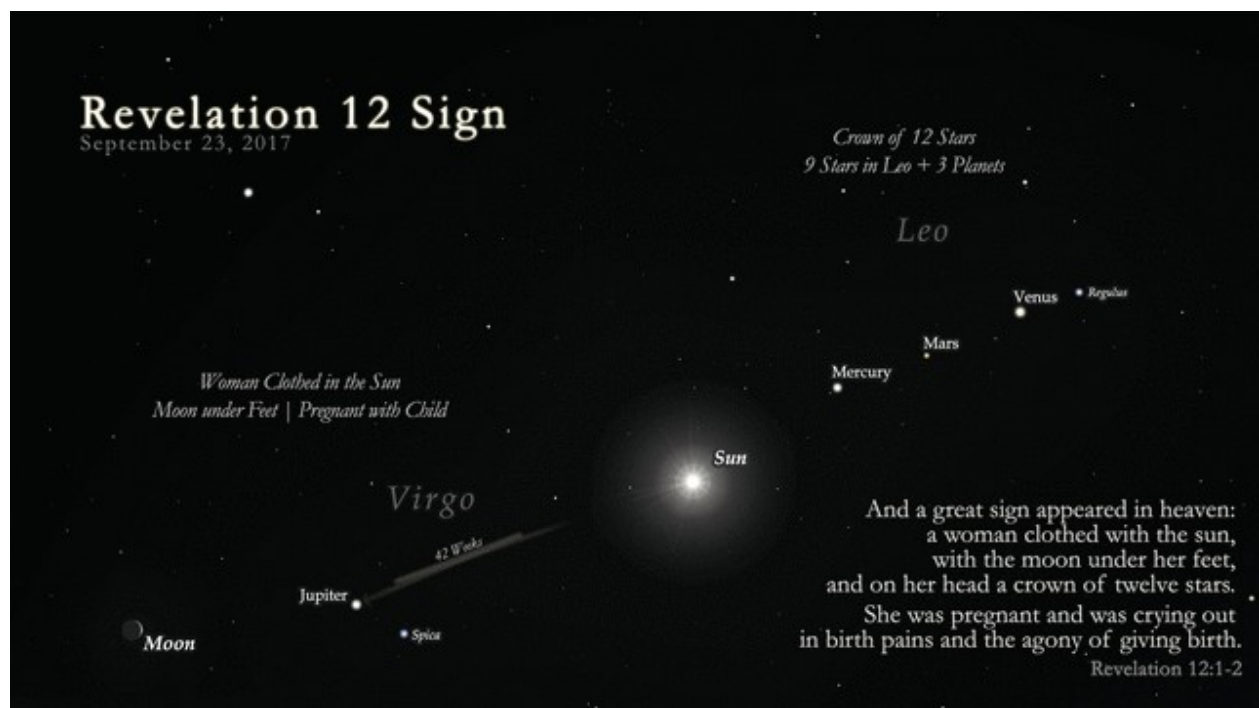
Here begins what you paid all those extra dollars for in this edition, the “New Method”. Before we begin to comprehend this method, however, it is important that the background to this understanding is given in the way it was received.

As you may remember, from the previous book, I was in Princeton, Kentucky. On August 21st, 2017 there was a total solar eclipse in America. It just so happened that Princeton, Kentucky was where the longest totality for that eclipse occurred. My wife and I were there for this event and observed the absolute blackening of the sun. It was quite a sight.

Traditionally, a solar eclipse is considered a “bad occurrence.” This is so because ancient cultures associated an eclipse with judgment. Typically, the appearance of night in the day betokened divine displeasure with the King or Queen or possibly the land and all of its people. When we observed the eclipse in Princeton, it was with this understanding in mind.

True to form, the eclipse did not disappoint us in the sense of being associated with topsy-turvy fortune. We experienced what was a subtle change in the people around us at first. Later, these subtle differences manifested in often large discrepancies. Those who had espoused one set of beliefs before the eclipse appeared to act on a different set of beliefs after the eclipse. In between times, however, there was an additional sign that appeared in the heavens.

The sign that appeared in the following September is what many believe to be the heavenly symbol of the Woman of Revelation. Certainly, a good case could be made for this sign being this symbol. Since the heavens were darkened first and then this alignment appeared, it would fulfill the requirements of the involved scriptures. I think it should be noted that there are probably multiple such patterns of Revelation, I also think it is highly important and significant that these particular events happened so closely to one another. Likewise, I think the state of the world demonstrates that something most assuredly happened during that time period. The next page contains an animated gif from Wikipedia of the event.



Animated Gif Showing the Woman of Revelation as per September 23, 2017

The Revelation quote referred to by this sign reads thusly:

And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars.

Most of this is self-explanatory when you consider the above image. However, where are the 12 stars above her head? Leo, the constellation, only has nine stars. Some people believe the planets count as stars in this case. Hence, Venus, Mars and Mercury would be seen as stars. Indeed, there is some precedent for stars being a swappable word for planets. Another way to think of it, though, might be that the 12 bodies within Leo refer to the 12 tribes which, being Jewish, are naturally associated with Stars. (The Star of David) to be exact.

Those with sharp memories will remember that the woman travails as if in child birth, and indeed, there was a retrograde movement of Jupiter combined with a comet that took about 42 weeks to come out of the constellation of Virgo during this time. So again, it appears that this sign fulfills the stipulations of Revelation. While it is impossible to ever say if something is THE sign due to all the configurations the heavens could assume, it is certainly possible to say THIS sign does not require much stretching in interpretation to be adapted to the heavenly dialog.

As you might expect then, our own methodologies and internal realizations changed after the eclipse and this sign and even somewhat before them. One of the paramount realizations concerns the order of the planets in relation to the sign given. The Woman of Revelation “reveals” the template of the “next age” or that which is about to be or already is.

The Most Likely New Color Way of Meditating

The new technique is a tentative offering of the colors that will LIKELY be. Just like when you roll out new software you never know precisely how it will be used or where it needs to be improved for at least two or three years, this color meditation is tentatively put forth until more time to evaluate it has elapsed.

As before, you want to put your focus on your feet and allow your attention to move where the arches of your feet are specifically. Here, you will likely want to imagine the color black or red—whichever one makes you feel more connected to the Earth. Allow your mind to really sink into the meditation here. In many ways, this area will feel more familiar than the next one. This is because, as we will discover later on, the universe tends to work on a “slide frame” where whatever was in a place before will slide down a notch. So, we know that the color red before was at the first chakra, or root. Now, it is at the feet. The color silver works here as well.

Next, you will bring your awareness up your legs and place your focus at the root or the base of the spine. Allow the mind to rest here. This area is the first energy system that we come to. Before it was red. For the purposes of this meditation, it is best thought of as silver. If, while meditating, you happen to discover the color orange here in moderation, that is likely okay as well. Bring your awareness into focus with this meditation. How does this feel? Do your feet feel firmly planted? Does it feel odd or strange? Take some time to get used to it. Think of it like getting your land legs after being on a boat.

Now the awareness comes up two inches below the navel which is the Hara or the center of the life force. Previously, we associated the color orange with this spot. Now, however, a better association is blue. If you have hints of red, that is likely okay as well. Just be certain that this area is not “too red”. Too much red tends to indicate inflammation or anger. Blue, on the contrary, tends to be more watery as the association would support.

Now allow your mind to sense the middle of your body where the lungs form a Y. This region is known as the solar plexus. Allow your mind to rest here for a moment. What do you see? Make a note. The color you want here now is a green color. If it is gold, that it okay as well. How do the two colors feel here? One? The other? Pay attention to how these colors make you respond.

Continue on now to the heart which is located between the breasts. What do you sense in this area? Does it feel open or hardened? At ease, or tense? At this location you will want to use the color gold. It is okay if there are elements of green here as well. How does this new color make you feel? More open? Less tense? Is it the other-way-around? Keep your focus and calmly breathe. Do not “force” the color to change, but rather allow it to morph into the desired hue in its own sequence.

Move now to the throat. The throat is located where the collar bones meet in the middle at the base of the throat. Place your focus here, what do you sense? Is it open and flowing smoothly, or does it feel stymied in some way? How do you express what is here? The desired color here is a greyish/bluish color. For now it is probably best to focus more on the blue than the grey, although that may change as time moves on. How does this area feel to you now?

Move now to the third eye region. This area should utilize the colors black and white. Use white at the front of the head, and black at the back, or vice versa. The white ideally should be a soft ethereal white. Do not worry if you begin to see or notice something you had hitherto not been aware concerning. It is a common occurrence here.

Finally, move to the crown which is located at the tip-top of the head. Here it is easiest to simply visualize a bright, vibrant purple. If possible, it is best to try to attain an ultraviolet hue. Now you want to bring that energy from the crown area down into the body and finally to the feet from whence you began. You can also bring that which is below your feet to the top of your head if you wish. Congratulations, you have just stepped through the new color method!

Comments on the New Color Technique

The new color technique, you will notice, does not involve as many details as the older technique. This is because variability has to be allowed since it is new. You may need to “play with it” to ascertain what the experience is for you and the mechanics involved. This is meant to be a starting outline. When we get to the planets later, however, it will be much stricter. That is because the colors may still well vibrate differently depending on what happens between now and future meditations, but the planets will remain the same for the foreseeable future. Put simply, the field has not yet had time to adjust to the changes that are being introduced to it, so we find ourselves occupying an intermediate state or plane. Why are we in an intermediate state? The easy answer is that the old shamans were right. The world as we knew it effectively ended in 2012. The field has been adjusting itself according to the cosmic plan put into place well before then and since it has not yet reached a full equilibrium point, we find ourselves wedged in an intermediate state instead. In such a situation, one does the “best one can” until such time everything settles into a more “fixed state”. If you are uncertain of the color method, you may find the planet method more inviting and solid.

Beginning Meditation (Old Color) Technique

This part of meditation can be done a million times, and will still never reach the point of "perfection". There is always more to learn, new things that develop, more to integrate. In these integrations, there are always new blockages that can arise, as awareness attempts to grasp and comprehend. The sum total of all spiritual traditions that ever have been or will be amounts to refinement of the following procedure.

First, put your focus on the bottoms of your feet. If you have shoes on, it can be helpful to remove them. If you can be outside in the grass, this is especially helpful, but if you cannot, contact with the floor in the environment you find yourself is sufficient.

Move your awareness to the bottom of your feet, specifically where the arch of the foot either is, or should be. Imagine a spiral on the bottom of both feet in this area. Imagine it extruding into three dimensions, and drilling down into the Earth like the roots of a tree. Feel this energy at the bottom of your feet for as long as it takes for you to begin to feel either cold on the bottom of your feet, hot on the bottom of your feet, or tingly. Perhaps some combination of all three may occur. The feeling that should be predominate in your mind, however, should be one of stability and heaviness--not so heavy that you feel like someone has squashed you with a boulder--but heaviness in the sense that you might have felt as a child when your shoes were off and you ran in the grass.

Once you establish this feeling, it is time to bring it up to the very base of your spine, or the first chakra. Many old texts will tell you to focus on the perineum, and there is value in keeping your focus here as it has a tendency to get hot or vibrate quicker than any other area. Let your mind settle here. Begin to take in information. What is here? Is it emotional? Do you have an early memory of your family? Is it happy or sad? Do you feel pain elsewhere when you focus here? Accept whatever you see or feel. Then, take note of the color present here. If it is any color other than rainbow or red, it likely needs to be drained. Imagine the connection that you have established at your feet as a pipeline, and let this area drain down it into the Earth. Note the color. Pay attention to any memories or sensations you get in your body. Is anything different? Once you get this area red, your job is complete. However, it may be that you have to do this technique several times before this happens. If you have trouble seeing anything, or otherwise are not sure, do not feel discouraged but do the best you can and move on with the rest of the

meditation. It may well be some other area is off-- above this area--and by doing this meditation, you eventually reach a place where you can see with ease.

The next place you want to move the energy up in your body that you started moving at your feet will be the second chakra, located approximately two inches below the navel. Let your mind rest here. What do you see? Is it emotional in nature? Creative? Sexual? Something you vaguely remember, but cannot put your finger on? Relax, let whatever needs to come arrive. Be accepting of what this area would like to show you. Examine the color. Is it something other than rainbow colored or orange? Better drain it as you did before if so. Try to go for the color orange, but again, if it does not take immediately do not become frustrated but continue on with the process.

Bring the energy up again. By now, it should feel a little like Christmas tree bulbs in that the electrical wire is drawing from the feet but runs to each bulb. Bring your energy up to the third chakra--located about where the lungs Y where the diaphragm rests. Let your mind sit here. What do you see? Does it feel comfortable? Does it seem tight? Are you able to see yourself easily accomplishing those things you want to do here? Does it feel like a struggle? Is there pain anywhere else in your body? Take note. What color is here? If it is not yellow or rainbow, it is time to drain this area. As much as is possible, go for a bright yellow. Pay attention to the shape, as you should for the previous areas as well. Is it round? Is it dented up? Make it as round as you can, and if some other color occurs to you to put here to get it eventually to yellow, then do that.

The next area to bring the energy to sits between the breasts at the sternum. This area is the heart chakra. Put your focus here. What emotions do you have here? Does it seem like you have plenty of self-love here, or are you feeling a quart low? Can you be compassionate here, or are you exhausted? Is there some past relationship issue here, or are you currently content? Examine the color. If it is not rainbow colored or green, allow it to drain. Go as much as you can for the color green. As with the other areas, examine the shape, and take note of any pain or out-of-place sensation.

Now we bring the energy to the throat, which sits at the little divot where the clavicle meets. If you are not sure where that is, think about all those medical shows on TV where you see them inserting a breathing tube. Put your focus on this spot. Breathe. Can you breathe easy? Is it constricted here? Does it feel tight here compared to your chest? Are you able to express yourself how you most need to? If there are colors here other than blue or rainbow, drain it. Try to go for as much blue as you can.

Next, bring your focus either to between your eyebrows or the center of your forehead. This is the third eye area. When you focus here, what do you perceive? Is it clear, or hazy? Are you having concerns about bills and money, or is it relatively tranquil? Some of you may have interesting experiences at this area, as it is one of the areas that governs psychic sensitivity. If you see something here, do not pay much attention to it other than to take note it is here. What

color is here? If it is not rainbow or indigo, it is time to drain it. Go for a deep purple/blue here as much as possible. If this area was weaker or black, and you could see nothing before, re-examine some of your previous chakras and see if your ability to perceive color is any better. Sometimes this area will be blocked and make perception harder until it is addressed.

Finally, bring your focus to the tip-top of your head at the very center. What do you see here? Is it black? Clear? Do you see angel-like things or past family members? Do you see nothing at all? Acknowledge everything. Bring in the colors purple and white here, and imagine them funneling through all the previous areas all the way down to your feet. Let go of anything and everything when you do this, as this is a purging energy. How do you feel? Put your focus at the top of your head once again. What do you see here? Spiritually advanced people may experience a traveling sensation, or a conversation with a guide. Often, people simply fall asleep, and this is fine too, although one should strive toward staying more awake during semi-lucid states. Hold your focus here, and see if anything occurs to you that seems out of the ordinary. Pay attention to it.

Once you are done exploring the crown of your head, put your focus back down on your feet. Re-connect with that feeling of heaviness earlier. We certainly do not want you floating off or attempting to drive after such lofty heights as the crown chakra have been reached. You may need to stomp your feet on the floor, or let your toes dig into the soil if outdoors. Feel yourself return to your body in fullness. If you experience a lighter feeling, this is extremely positive. If you do not, but you feel slightly more energized, this is also good. If you feel neither of those, but you feel unsettled, this is also a good thing, but it means there is work to be done, and more things to be purged. You should take heart that you have opted to do something proactive on your journey instead of simply reacting.

This is the basic technique which uses color. There are other ways to meditate which I will discuss briefly further on.

Well, That Was Weird

So perhaps you were somewhat like me, and were skeptical of the idea of meditation, but once you tried it, you had some experiences you could not easily explain. One of my earliest experiences was a meditation where you keep your focus on your eyes in a bathroom mirror. At one point, I saw myself older, with much less hair, (which seems more like reality now) with some very ancient looking glowing symbols I did not recognize on my forehead. Considering I was not expecting to see anything, this came as somewhat of a surprise. The first question that crossed my mind was "All right, I am now officially crazy, but at least it is interesting." On the heels of that thought was something like "What the hell does THAT mean?"

I have found that with patience, usually things reveal themselves, but it is immensely handy to have someone around who has a lot of experience decrypting very old spiritual traditions and symbolism. Why? Well, as I have asserted before, as a soul, a person has had many incarnations and experiences. What the soul remembers is often not what the normal personality remembers--and often times it is something that very few people remember as the symbolism becomes progressively more ancient. Why would someone remember something from some other religion? The easiest way I can explain this is to simply issue the statement that most "modern religion" evolved from other basic beliefs. The mythology of the religion is packaged the same in most cases, but the stories shift around. It is somewhat like Greek myth--we can find parallels in Egyptian mythology and find parallels from each to Bible stories. Does that make any of it more true or less true? At the level of the soul, it is best not to ask these questions. It all was, is, and has been. The question is what the information tells you about yourself, and your own unique journey.

In modern life, a good resource for determining what you saw might be someone who is more Jungian. Jungian psychologists are well-versed with the concept of archetypes, and often learn more than a few. Of course, if they are lacking in ancient mythology, they can be of limited help. A student of divinity might help as well, but often they are limited to whatever religion they study. With the internet, there are a world of resources at a person's fingertips that would have taken a scholar a very long time to unearth in the not-so-distant-past, and often times a person with a little diligence can start narrowing the parameters down of what they saw to help them gain an understanding.

Of course if you are reading this and I am still alive, you can always consult with me. If I am not alive, well then, that probably will make things more difficult.

Once you satisfy your curiosity, it might be time to venture further down the rabbit hole. If so, continue on!

Planetary Meditation (The New Way)

While the color meditation is still in flux, the planetary meditation is more easily implemented. The planets tend to stay more or less the same through major transitions. Sometimes, as in the case of Venus, new planetary bodies show up over the passage of time. The best any technique can hope to do is leave enough room to accommodate those who may find themselves in different conditions compared to those that were experienced and understood in a different time. With a field such as meditation, this is especially true, since this process will

continue to occur for the foreseeable future or until the boundary between man and God is such that there is no question as to the connection shared therewith.

If we keep in mind the alignment that happened in 2017, we will learn something about the construction of the “New Adam Kadmon” in the age to be. There are modifications to this technique that do not correlate directly to the sky, as shall be shown. However, the basics are such that the connection should be clear.

To begin this meditation, become aware of the bottoms of your feet, specifically where the arches are. Feel your feet flat on the ground. If you do not have arches, then put your focus where arches would be if you had them. Once you have settled into that, imagine that you can take the moon out of the sky and put it under your feet. Connect deeply to this feeling, and allow a string or chord or energy ray to emit from the bottoms of your feet to the moon and then beyond it to the center of the Earth. Notice anything about the placement of this first planet? It is the moon which occurs under the feet of Virgo in the above image.

Next, bring your focus up to the root of your spine—at the perineum. Imagine the energy from your feet easily running up your legs and to this spot. Typically, there should be a sensation of warmth here. This, widely classed, is “Earthy Energy” or the root that allows the physical body to stay grounded while you are here. Imagine taking the planet Jupiter, and dropping it here. Allow this energy to take hold as you breathe with intention. Jupiter, once again, is in the spot it is in the above astrological alignment.

Now bring your focus up to two inches below your navel. This is a spot that in some Eastern traditions is called the Hara—or the seat of life. This is so because it is a major epicenter of the life force within the body. Allow the energy from the previous two chakras to pool here. A healthy sensation in this region is a basic feeling of identity and security—much like what earlier childhood should ideally provide. Likewise, a feeling of optimism and the ability to create should feature here as well. If for some reason this energy system does not feel this way, do not overly fret concerning these qualities. Instead, imagine that you can take the planet Mars and drop it here instead. In this case, Mars should have a more “watery” component than firey. Allow this sensation to stay here until it feels basically even.

Continue to bring the focus to the middle of the body where the lungs form a Y shape. This region is the Solar Plexus. Bring all the energy hitherto accumulated to this spot and allow your breath to center here. From this point is where the personal will issues. This area should feel not overly large, or overly small, but balanced with the assurance that you can take the proper steps to tend to the matters that need attention. Now imagine that the planet Venus drops out of the sky and gently lands in this area. How does this sensation feel? Venus is a drastically different energy than what was here before. The will now moves out of the motivation love and harmony.

Does this feel natural, or do you feel tension from this? Allow yourself to experience the feeling, and let it move until a balance point feels apparent. Prepare to move on to the next juncture.

Now, bring your focus up between the breasts, to where the heart exists. Allow your mind to focus here. This is the area where unconditional love lives. Breathe. Now imagine you can take the sun out of the sky, and put it here. How does this feel? Look back up at the picture of the sign of the Woman of Revelation. Notice where the sun is? It is approximately at heart level. In fact, we can go no further on the basis of the template of the woman. This is just as well, because the energy from the heart down is really our only “personal energy” in the sense that the chakras beyond this point are made such that they access higher realms just by their construction alone. Nonetheless, we must prepare to go forward to visit the next spot.

Bringing the focus now to the throat, specifically just above the point where the clavicle or collar bones meet, place your focus here. As before, bring up all the energy from all the previous locations. Allow the mind to settle here at the throat. What do you feel here? Is it open? Closed? Does it feel tight? Natural? Now imagine you can take the planet Mercury and place it here. Allow the throat to become adjusted to this new feeling. Look again at the illustration before. Where is Mercury? He appears near the foot of Leo, or the King. You can think of the King as YHSVH or Jesus, or simply God. You can also think of yourself as the King, but that treads in dangerous waters. It is always better to allow spirit to wear the crown. Allow this area to expand naturally. How does it feel? When it feels basically natural, prepare to move to the next point.

The next point is at the center of the forehead. Old mystery schools call this the “Third Eye”. Is this area tense? Is it smooth? Allow these sensations to come to your awareness. Bring all the previous energy points up to this area. Imagine a solar eclipse in this area. What does this feel like? What is it stripping away? Is this area easier to see within than it was before you started? Are you being shown something? Is it something you want to see, or something you would rather not see? Focus. Breathe. Allow whatever scene is present to complete. Do not judge it before it is done unfolding. When all the activity is finished here, prepare to move to the final point.

The final point is the tip top of the head. Put all of your focus here. What do you sense? Bring all the previous energy junctures to this area like an electric circuit allowing the current to flow and accumulate here. Does this feel odd? Do you hear sounds that you normally do not? Relax. You are not losing your mind. Not yet anyway. You may just be beginning to regain it. Allow this area to show you what it wishes. There is no specific planet associated with this region, but if you feel that you want one here, you can try Neptune or Uranus. Pluto is ill-advised, unless you know exactly what you are doing. Allow this area to open up fully. Now then, imagine that your head is open to the current that the angels/God/spirit guides wish to send you. Allow this to enter at this area, and bring it all the way down into the feet through the previous centers. Allow these energy systems to balance against one another—one from the Earth—and one from the Heavens.

How does this feel? Congratulations, you have just completed your first full meditation in the "New Way!"

Planetary Meditation (The Old Way)

The gateways to interaction with the chakras are many. One might use animals, sounds, or any number of things. At certain points, one may become advanced enough to meet a guide who helps or assists. A slightly more advanced version of meditation utilizes the following method:

At the first chakra, imagine you can take the planet Saturn out of the sky and drop it at that first area. Why Saturn? Because of what it represents, which would take books to cover. For the purposes of this meditation, simply know the planets have certain meanings all of their own in the inner world.

At the second chakra, imagine you can take the planet Jupiter out of the sky and drop it here.

At the third, Mars.

At the fourth, Venus.

At the fifth, Mercury.

At the sixth, combine the sun in the front at the forehead to the moon in the back of the head in some fashion.

At the seventh, probably nothing, but sometimes Uranus or Neptune work here.

Now, you might ask yourself why these particular planets at these areas, and I could spend many, many hours answering you, or you could just do what I suggest and see what you find. Odds are, you will figure it out on your own. If you do not, then be patient, and do some reading. Perhaps in a later work, I will delineate more about the planets. In addition to meditation, I am an astrologer, and the two complement each other well once one understands what they mean, but such an exploration is well beyond the scale of this work.

Ideally, the meditation methods I have outlined here would be practiced for 21 days consecutively for 15 to 20 minutes a day. At the end of that period, it would be highly surprising to find that someone undertaking the exercise seriously and openly would feel no change inside themselves.

After you get good at this, combine traditional breath work, and see where you go!

The Special Section for Messianics

So since I first wrote this book, as mentioned, I became Messianic. The term Messianic in my world, means I believe in YHSVH as the savior of mankind. This belief, however, does not preclude the previous methodologies I developed.

Very often in the Messianic world, there is an overlap of what I would term ‘Classical Paul Conditioning’ otherwise known as some version of Roman Christianity. The irony, of course, is that the Messianic Church began well before Paul and had beliefs independent of Rome such that Rome was none-too-pleased with those who followed YHSVH. The reason everyone in Rome was miffed was because it made an entire class of people willing to defy the Emperor of Rome should the Emperor’s decree differ from what the Messiah taught. It proves difficult to govern people who will disregard laws a King or Emperor will impose. It makes that group of people, more often than not, a potentially large liability.

So, Paul, who was a Roman citizen, was especially interested in witnessing to the Gentiles and his branches of Christianity became what most of us know as religion that is Christian today. The problem, however, is that as I mentioned, Paul was a Roman citizen who was specifically preaching to the Gentiles. Before this point, his name was Saul, and he was a Jew. He was, one might say, overly zealous in his persecution of the fledgling Messianic groups in the sense that he was, more often than not, killing them or helping to destroy them. Hence, Paul had a direct intervention from the Messiah that caused a trauma to him that made him change his beliefs, but his mission was specifically and foremost to the Gentiles. Combined with several Roman Catholic councils later, what we have now is mostly a Romanized Christianity that Rome allowed to proliferate since it did not pose any inherent threat to it in the form it occupied afterwards.

Roman Christianity has an interest in trying to either manipulate or control the Holy Spirit or the Shekinah. That is not to say that all Christians do this. It is to say, however, that they believe that once they read something by Paul and it appears in the Bible that they “understand” what that verse means. More often than not, these verses are misapplied and so frequently people who are spiritually gifted with certain fruits of the spirit are ostracized by congregations because they default to explanations such as witchcraft and satanism.

An important point, however, is that the early Messianics would NOT have done this. Why? Well, think about it. They saw the Savior do wondrous miracles that He then invested authority in others to perform. What would happen if say a modern day James came into a typical congregation and called down thunder? A normative Christian response would probably be fear and then to kill him or at the very least give him a very hard time. Hence, modern Christians often wind-up persecuting Messianics, and Messianics who once were believers in Paul find it

harder to shake that conditioning than they reckoned for and so simply become “more Jewish” in their Shabbat services.

The reason I have outlined all of the above history in this section is so that if you are Messianic, and you think to yourself, “Hey, I’d like to try this out butttt...” well now you happen to have a little more perspective by which to make your decision. It is the case that all of the church founders and elders wished the churches to cohere especially during challenging times. This is the heart of the Messianic message. All of this fractured frameworks and specific interpretations interfere with spirit simply revealing what it wishes to be revealed. What I have articulated above is a way that allows spirit to specifically speak in the way it wishes to in a way that is comprehensible to the individual. Whereas often times people have dreams or visions and are uncertain as to the meaning, if you practice the above technique, the meaning will become apparent. As it is said in Psalms 104:34--“My meditation of Him shall be sweet; I will be glad in the Lord.”

The FAQ Section

Q: All that Eastern stuff is pagan and demonic!

A: This is not phrased as a question.

Q: Why are you learning about all those Eastern Traditions, which are pagan and demonic?

A: This is a question. The interesting thing about pagan and demonic is that quite often these matters rely on the discernment of an individual. If you think the above technique is pagan or demonic, then by all means, do not do it. I really would prefer you stay entirely away from the technique.

Q: Aren’t you opening yourself up to demons?

A: Some Talmudic perspective might be helpful: “It has been taught: Abba Benjamin says, If the eye had the power to see them, no creature could endure the demons. Abaye says: They are more numerous than we are and they surround us like the ridge around a field. R. Huna says: Every one among us has a thousand on his left hand and ten thousand on his right hand. Raba says: The crushing of the crowd in the [yearly public] lectures comes from them. Fatigue in the knees comes from them. The wearing out of the clothes of the scholars is due to their rubbing against them. The bruising of the feet

comes from them.” So then, the answer is you are already surrounded by a bajillion million demons that you are more likely to open up to by taking a trip to Taco Bell.

Q: This meditation stuff scares me.

A: Also not a question.

Q: Why does this meditation stuff scare me?

A: I dunno. Why don't you try meditating and find out?

Q: When I meditated weird thing X happened?

A: Yes, weird things can happen. Sometimes you need to talk to someone else well-versed in meditation. Find someone who is more experienced at it than you are.

Q: But I don't know anyone! How am I supposed to find help?

A: The World Wide Web is a big place. Almost everyone has a phone of one type or another now. If you are in a place that has neither, it is highly likely there is someone nearby who is extremely good at meditation. Ask around.

Q: I want to ask you specifically a question though?

A: See my contact information at the end of this work.

(Old) Concluding Remarks

What I have articulated here is a bare-bones "field manual". The experiences one can have in meditation are many and multi-faceted. It is possible to adapt your meditation disciplines and do activities with them that are more or less active. The methods I have outlined here will get you started and thinking in the "right direction" but it is by no means exhaustive.

One warning I will issue is that in beginning to meditate, one should be very careful that they do not attach to any particular state or sensation. Every meditation session is different, and what you feel on one day may not at all be what you feel on the next. If the expectation begins to form that a peaceful feeling is meditation, but a more unsettled one is not, then one has ensnared themselves in such a way as to impede further meditation. The goal is to be aware of whatever IS, and in order to acknowledge whatever IS, one must first "do nothing" but be in this "isness". Anything else will be a distraction from the goal.

As one progresses in their practice, new forms of information can show up. Some people may hear music. Some might have new sensations or feelings. Some might notice something that they thought was only marginally bothering them is in fact hindering them greatly. As awareness grows into subtle areas, information that was previously hard to acknowledge or was greatly muted becomes more evident. Consequently, the body might feel differently, or the person in the body might. If the immediate surroundings are questionable, it might be that a person starts to soak up the energy of those situations more easily than before. It might also be that a person releases things in a way they did not before.

It is, first and foremost an adventure--an encounter with yourself that you might not even have realized was possible. Since every path is different, it is difficult to say what you personally will come across, but so long as you do not attach to it, you will be fine. It might be uplifting or upsetting, but so long as that is experienced in the proper time, the beginning student will be fine.

Consistency is rewarded highly in meditation, although it might be hard to sense the effects of it at first. When you feel the inside of yourself settling down and not responding to external difficulties as much, this is a sign your meditation discipline is working to transform you.

(New and Improved) Concluding Remarks

When I began to re-write the book in light of the new methodology here articulated, I was not sure whether to rip up the ground floor and make an entirely new book, or leave the old and work around it. This is a question that during this time period has come to me often in many different forms. As I have changed in my beliefs, there are matters that are no different than they were before. Other matters are vastly different. I believe this is often the case when any large change is made in life. There is always a division of time into before whatever thing X is and whatever is after thing X (where X is equal to itself, for those of you mathematically inclined). Sometimes these changes are drastic, and the person we once were is hardly recognizable. Other times, the changes are more subtle, and we still see the linear progression of point A to point B.

After accepting YHSVH, I was faced with an entire re-thinking of my life. What I eventually concluded was that the sacrifice was made to graft us onto the Jewish tree, which I already felt fairly at home in anyway. I did not, however, have to throw out all of my heritage or tendencies in order to graft smoothly into that tree. To do that would be a kind of identity suicide—like purchasing an historical home and ripping up all the innards and turning it into something completely inconsistent with its history. Better to raze the entire house and build a new one and for that chapter of history to be completely finished, than to try to force the place to be something it is not. Rather, there were things that needed to be changed. Certain walls needed to be re-plastered. Some walls were ill-conceived or built when someone else had the house and so needed to be knocked down. The frame of the house, however, was basically good. The tenets of the foundation were sound. The Jewish tree and grafting into it did not mean total cultural assimilation, nor did it mean a usurpation of people who have a very strong Jewish identity. (My own family had Jewish ancestors in it anyway, so one wonders at what point one is considered “Jewish enough”. Perhaps this is the new “Jewish question”.) Rather, there was a very fine blending or synthesis that could take place. Shamanism had a role still. Magic still had a role. Sorcery, on the other hand, was done. (Not that I really went out of my way to practice it to start with, although one finds when one examines their life thoroughly that they are guilty of many things they would not have considered themselves to be doing—for instance if a strong effort is made to try to get someone to see your side of an issue and to take action on that issue and the motivation for that is not coming directly from God, that is a version of sorcery.) Meditation still had a role. Fortune telling, which I did not do to start with, was out. Astrology, so long as it was not fortune telling, was in. Many matters that conventional Messianics and Christians often say are forbidden by Torah were not the case. Rather, the understanding those groups had of Torah was such that that was the law they wished to apply to themselves. Other laws, however, are

more blunt. I did stop eating all pork. I did not miss it. It hurt my stomach anyway. I stopped eating shellfish. I miss that—mainly because of the flavor. Of course, it too often upset my stomach.

I eventually decided the best way to make this specific book was to allow the contrasts of before and after stand against one another. The methods themselves greatly differ, but yet the superstructure of the meditation remains the same.

As these changes were made, I found that people often misunderstood me, or what I was doing as these changes took place. Some believed I was judging them if, for instance, I stopped eating shellfish then suddenly they ate it they were worried they were going to offend me. Others acted like I had never eaten shellfish before in my life and so tried to convince me of how great it was. Some attacked my opinions they solicited—not liking the direction of where my beliefs were carrying me. In almost every imaginable way, people kept trying to get in the way. I eventually wound up starting a non-profit that became a church with my wife. People also kept trying to get in the way of that. Whereas most of my life had been spent putting up with the beliefs of those around me that did not feel correct for me, suddenly when I found beliefs that did feel correct, people did not exercise the tolerance and understanding they expected me to hold for them previously. Those who were supposedly beholden to the Bible, I found, were not so beholden. Some before who would have accused me or some of the things I did, like meditation, as being a sorcerer or witch, were themselves sitting in Sunday morning church—bonafide witches in contradiction to their supposedly conservative beliefs. Some who before were more moderate revealed themselves to be either Luciferin or Satanists. Through it all, the meditation principles articulated in the old form were indispensable. My job was not to judge where anyone chose to take themselves. They would do that on their own. I did not, however, have to get into the car with them to that destination, nor would I if it was somewhere I did not want to go.

In a very real way, the inward meditation became the outward reality and form. While it is true that we live during “interesting times” and further true that the sign of the “Woman of Revelation” makes matters very, very serious indeed, it is also true that we still are being given opportunity to figure ourselves out and to hopefully also discern what it is that YHVH wants us to do.

The biggest lesson of all I suppose, is that appearances can be very misleading. Most of the standards the world finds to be “good” are again, not necessarily good. The majority of human beings never discover this until it is too late. Then, it is my belief, in some instances anyway, we sign up for more experiences either here or elsewhere to learn whatever it is we need to learn until we “wear it out”.

Ultimately, my decision to leave the old in this book is to help to underscore the point that there are pathways that lead one elsewhere but do not necessarily require one to give up the totality of everything they believe, or are, or understand. More often than not, the passage winds

up paralleling the previous one. In some ways, it is the same content, just a different angle. The description I am outlining here of the process I went through should be taken as an admonishment that proves the axioms on which meditation rests—namely be careful how you judge. Discerning is probably better. Hold loosely to whatever it is you cling to, because it may be that later on you must surrender whatever it is. It is possible to keep meditation and growing through adversity, but is not especially pleasant. Spiritual growth does still continue to happen, even when we think it cannot be. Things change, often radically, but then yet they still remain unchanged. Being okay with either polarity is the trick—and that is the road which I hope you will travel with this book as an outline.

About the Author

The last time I wrote about myself here, I wrote about my own near death experience. While I find everyone is interested in that experience, and indeed, it was interesting, I feel that this work has culminated such that the telling of that specific story is done being a centerpiece. Rather, I find myself more curious about where we will all collectively choose to nudge ourselves using techniques like the one I have written about here. It is no small matter to almost die to try to find a grain of truth. In hindsight, I think it was only necessary because we live in a world too full of lies.



I had to watch my cat, Tagni, go through an agonizing process of death. When I last wrote here, he was vibrant and full of life and mischief. I suppose he had some sort of bone cancer. I had to spectate as the entire side of his face was eaten off by the disease knowing I would not have the resources to try to arrest the process through anything other than having him put to sleep. As opposed to being able to cure the problem, I was simply counting the hours until I deemed he was in too much pain. Then, the amount of care I could afford, death, was suddenly doable. Is it not interesting how much we will spend on things that matter little and justify it, and yet when it comes to the suffering of our fellow humans and creatures we hardly lift a finger? Sometimes, it feels like the entire world is on the same trajectory as my cat was. We are very inventive and clever when it comes to frivolity. We are still one of the richest countries in the world in the United States. Why should my cat, or for that matter, your grandmother, be put in such a scenario?

I find over and over again the answer to that question is usually ingrained mindsets and greed. The universe gives us so much by way of life, and we take much of it without ever giving it a second thought. It was miraculous to me, when I was near death, that anyone could move any piece of their body. To have the will to think to want to stand and walk, and then to have the body actually stand and walk in response to that desire—truly—is a form of magic and wonderment. Tendons, ligaments and organs are all moving in harmony that otherwise would be a pile of fleshy soup. How often we take this ability for granted without ever thinking that such a set of events need not be the case is illustrative of my point.

When I developed these meditation techniques I did so in response to suffering, but also by way of trying to find answers to help halt suffering that is entirely unnecessary. While I think life does require some suffering, I believe most often at this juncture we are dealing with optional suffering that people, due to their beliefs, are mandating as the constituent piece of reality. All of the nostrums are offered eagerly, and yet, none of them seem to cure the larger issues we all have. I expect it is because our medicines are not reaching deeply enough.

The technique I have expanded on here has the power to radically alter and change your experience of reality. I do not yet believe that we are all Tagni with bone cancer and someone is just waiting around to push our final fatal dose. However, I also do not believe we are healthy collectively. Indeed, the symptoms of the disease are all around us. What does this patient, that I will here call humanity, need in order to heal? First and foremost, the truth, whatever that is. While I cannot say my work here is the definitive work on truth, it is certainly a work of my own personal truths informed by countless hours of experience and practice that incorporates the truths of many I have worked with and around. At this point, the hours of guided meditations I have led are in the thousands if not ten thousands. My own meditational practice is well beyond that number, since each time someone is led through the meditation you must, necessarily, meditate yourself. Each time, the journey has been new. Each time, though, the journey was also still the same.

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